

# Mama Box Australia

## BIRTH PLAN

Use this easy fill-in-the-blank birth plan to prepare yourself for delivery and communicate your wants and needs to your medical team.

Full name:

Partner's name:

Today's date:

Due date/Induction date:

My delivery is planned as:

- Vaginal
- C-section
- Water birth
- VBAC

### HOSPITAL DETAILS

Hospital name:

Midwife/Doctor:

Contact number:

My support during labour and birth will be:

- Partner:
- Parents:
- Doula:
- Other:

### DURING LABOUR

During labour I'd like:

- Music played (I will provide)
- The lights dimmed
- The room as quiet as possible
- As few interruptions as possible
- As few vaginal exams as possible
- Hospital staff limited
- To eat and drink as approved by my doctor
- To wear my own clothes
- To wear my contact lens the entire time
- My partner to film AND/OR take pictures
- My partner to be present the entire time
- To stay hydrated with liquids & ice chips
- Other:

What kind of support do I want during labour?

- Help with breathing
- Help working through contractions
- Massage
- Moving around
- Other:

What position(s) do I want to be in for labour?

- Lying down
- Sitting
- Standing
- Moving around
- Other:

For pain relief I'd like to use:

- Acupressure
- Acupuncture
- Breathing techniques
- Hypnosis
- Massage
- Only what I request at the time
- Meditation
- Reflexology
- Standard epidural
- TENS
- Nothing



## DURING DELIVERY

As the baby is delivered, I would like to:

- Push spontaneously
- Use a mirror to see the baby crown
- Touch the head as it crowns
- Help catch the baby

- Avoid forceps usage
- Avoid vacuum extraction
- Avoid episiotomy intervention
- Let my partner catch the baby
- Use whatever methods deems necessary

Immediately after delivery, I would like:

- The umbilical cord cut after it stops pulsating
- My partner to cut the umbilical cord

- Not to be given Pitocin/oxytocin
- To deliver the placenta spontaneously
- To keep my placenta in container provided

I would like to hold baby:

- Immediately after delivery
- After weighing and exam
- After being wiped clean and swaddled

I would like to breastfeed:

- As soon as possible after delivery
- After weighing and exam
- I don't want to breastfeed

Are there special traditions I want to take place when my baby is born?

- No
- Yes:

## AFTER DELIVERY

During baby's medical exam & procedures:

- To include a hearing screening test
- To include a hepatitis B vaccine
- To include a Vitamin K shot

I'd like baby to stay in my room:

- All the time
- During the day
- Only for feeding

I'd like to feed baby:

- Only with breastmilk
- Only with formula
- With the help of a lactation specialist

As needed post-delivery, please give me:

- Pain killers
- Laxative and stool softeners
- Compression socks

After birth, I'd like to stay in the hospital:

- As long as possible
- As briefly as possible
- What is recommended by doctor

I would like my family members:

- To join us immediately after delivery
- To join me and baby in the room later
- Only to see baby in the nursery

Additional notes regarding my labour and delivery:

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